



## **A MINUTE OF HEALTH WITH CDC**

### *Healthy Kidneys*

*National Kidney Month — March 2016*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Kidney disease affects more than one in 10 Americans, yet most people with the condition are unaware they have it. Often referred to as the silent killer, chronic kidney disease can lead to kidney failure, which requires dialysis or transplantation for survival. Primary risk factors include diabetes, high blood pressure, and older age. Certain lifestyle changes can prevent or delay the onset of conditions that lead to kidney disease. These include exercising regularly, eating a healthy diet, and losing weight. Regular physical exams that include simple blood and urine tests can determine if you're at increased risk for kidney problems.

Thank you for joining us on a Minute of Health with CDC.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*